



Brooking Street Bulletin

Issue #75, September 2015

Buddhist Discussion Centre (Upwey) Ltd.
A.C.N. 005 701 806 A.B.N. 42 611 496 488
33 Brooking Street, Upwey, Victoria 3158
Phone / fax – 03 9754 3334

email – chanacademy@bdcu.org.au web – www.bdcu.org.au



Founder's Day



Photo: Our Founder, the late Master John D. Hughes

On Wednesday 9th September 2015, we celebrated the birth of our Founder, Master John D. Hughes. The Buddhist Discussion Centre Australia has now been operating for 37 years.

May we continue to preserve, teach, practice and realise the Buddha Dhamma for the benefit of all.



Important Dates

Every Saturday	Members' Day 11am - 10pm Meritorious activities and Classes
Every Saturday	Essential Buddha Dhamma Teachings 2pm – 4pm.
Every Saturday	Buddhist Meditation Class 8pm - 9:30pm
Every Sunday	Buddhist Hour live on 3MDR 97.1fm 4pm - 5pm
Saturday 26 September	Chan Painting 11am – 12.30pm. Last Saturday each month.
Wednesday 9 September	Founder's Day. 6am: Chanting
19th to 23rd September	Five Day Bhavana (Mind Development) Course
Wednesday 23 September	Padmasambhava Tsok (Puja)
Friday 2 October	Kalyanamitta Social Outing at The Pancake Parlour Westfield Knox, 7pm.
Saturday 10 October	General Meeting 5.30pm. All welcome to attend.
Throughout November	Kathina Ceremonies

New President of the Buddhist Discussion Centre

We are delighted to advise that Simon Kearney has been elected as President of the Buddhist Discussion Centre Australia at our committee meeting held at our centre on Saturday 29th of August.



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Members present at the meeting offered their congratulations and well wishes to Simon in his new role as President.

Thank you, Simon, for your commitment to our Abbot Anita and our centre. We are most fortunate to have you as our centre's President and for your many skills that you bring to this position for the success of our centre and our Buddha Dhamma activities.



Photo: Mr Simon Kearney, the new President of the Buddhist Discussion Centre Australia. Photograph taken at the 26th General Conference of the World Fellowship of Buddhists in Yeosu, Korea, June 2012.

2015 Annual General Meeting

The Annual General Meeting of the Buddhist Discussion Centre was held at 2.00pm on Saturday 15th August 2015 in the John D Hughes Dhammacetiya Meditation Hall.

Thank you to Members and Friends for attending this auspicious and significant meeting.

AGM Grand Social Event

This year's Grand Social Event, held in conjunction with our Annual General Meeting, was at Flower Drum on Sunday the 16th August 2015.

All who attended shared a delightful evening with good company, delicious food and beautiful atmosphere.

We offer our special thanks to Simon Kearney for generously providing a subsidy towards the total cost of the dinner.

May we meet in harmony again and again!



Photo: Some of the Members and Friends who attended the Grand Social Event at Flower Drum. L-R: Destin Nguyen, Frank Carter, Claire Ransome, Sally Kelly, Joe Kelly, Evelin Martin, Nicole Moustakas, Anita Carter, Peter Marshall. Not pictured: Lin Chan and Kong Chan.



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Five Day Bhavana Course

We are holding a five day Bhavana Course from Saturday 19th September to Wednesday 23rd September.

The following is an extract from a paper titled ‘How to Make the Most of a Bhavana Course’, written by Anita Carter, Frank Carter and Simon Kearney:

“The purpose of a bhavana course is to provide a certain time and place to earnestly consider the Buddha Dhamma to develop our minds. Bhavana is often translated as meditation; however, in the contemporary English usage of the word meditation, there is more to it. We translate bhavana as developing one’s mind to see directly the true nature of one’s internal and external environment. This development is achieved through the understanding and insight that results from applying the teachings of the Buddha.”

All are invited to join us for the upcoming Five Day Bhavana Course. If you have any questions, please call Simon Kearney on (03) 9754 3334.

Introduction to Buddhism Course

Our upcoming Introduction to Buddhism course will be starting on Saturday the 3rd of October 2015 from 2pm. It will run for 7 weeks on Saturdays. We warmly welcome new persons as well as members and friends.

Kathina Ceremonies

The Kathina Robes Ceremony in which the lay community offer robes to Buddhist Monks is the most significant merit making opportunity of the Buddhist calendar for lay devotees. This occurs every year at the end of the three month rains retreat in Theravadin Buddhist Temples.

This year, our Centre is arranging for Members and Friends to attend up to four Kathina Ceremonies to

offer robes to the Venerable Sangha. We encourage Members to attend as many Kathina Ceremonies as possible.

The Buddha explained offering robes to a Sangha member is one of the most powerful and beneficial types of merit that can be done. The fruits accrued by the giver of Kathina Robes are very great. For the benefactor, the merits will:

1. bring wealth and fortune, together with success in following one's career;
2. bring constant freshness, brilliance and purity of mind;
3. facilitate concentration of the mind and attainment with ease of the Dhamma inside;
4. bring about wisdom in using one's wealth for the creation of long-term benefit, nurturing and protecting oneself not only in this life, but also in those to come;
5. bring physical beauty and radiance of complexion, making one loved by all;
6. bring one fame and respect, praise and admiration: the inspiration of those around one;
7. cause one to be reborn in the heavenly realms when this life is done.

Please contact Simon Kearney on 0488 666 720 or simon_p_k@yahoo.com ASAP to reserve robes for any event you wish to attend.

The dates for the 2015 Kathina Ceremonies our Centre has arranged for Members to attend are:

Sunday 1st November 2015:

- Sakyamuni Sambuddha Vihara.
- Wat Buddharangsi
- Wat Dhammaram

Saturday 7th November 2015:

- Mahamevnawa Meditation Centre

Sunday 15th November:

- Melbourne Thai Buddhist Temple (Wat Thai



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Sunday 22nd November:

- Dhamma Sarana Vihara
- Manohara Meditation Centre

Vice President Updates

Knowledge Management

The World Buddhist Radio is back on air!

The "Listen Now" link is on our website at <http://www.worldbuddhistradio.org/wbr/wbr.html>.

We want to produce good quality, Buddha Dhamma information to be delivered on Internet Radio available 24 hours every day. We will add more items and features over the next few weeks as we keep learning the program.

We are using Sam Vibe, which is part of our recent Sam Broadcaster radio software upgrade. Our audio files are stored in the 'cloud', so the radio station will play even if the computer is offline. We have 30GB cloud storage available and 40 listener slots. The mission and vision of the World Buddhist Radio is:

- To provide a resource to propagate the teachings of the Buddha to a world audience;
- To raise the involvement of our members so they can project our international profile in the global, national and local communities;
- To invite other Buddhist organisations and Buddhist teachers to make submissions of Buddha Dhamma teachings and information for broadcasting.

Administration

Thank you for renewing your membership with the Buddhist Discussion Centre Australia. Below are the words of our Abbot Anita Carter which she said at the conclusion of the 24th Annual General Meeting, in 2014.

"Our Members are our most precious resource; they are the people that keep this Temple operational.

It is my objective to look after them, help them to become rich in Dhamma and material assets, and give them friendship and support.

I wish to help them succeed in attaining the supporting factors to help their Buddha Dhamma practise.

For the long life of an organisation the Buddha recommended followers of the Dhamma to meet in large numbers, to meet regularly, to gather in harmony and to disperse in harmony.

By doing this we make the causes for our Centre to last for 500 years for future generations to learn and practice Buddha Dhamma.

May our Buddha Dhamma Centre last for 500 years.

May all Buddha Dhamma Centres have long life and success.

May you be well and happy.

May all beings be well and happy."

Fundraising

We are looking into the possibility of running a Christmas Tree Stall in the first three weeks of December this year. This type of fundraiser has the possibility of raising large profits for our Centre and would be held in lieu of our annual Christmas Day Flower Stall.

We welcome any members who wish to be involved in the research and planning for this fundraiser to please contact Claire on 0425 864 056.



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Local Area Planning & Asset Management

At the Bhavana Course commencing this Saturday the 19th and concluding Wednesday 23rd of September, members and attendees will be participating in LAPAM activities involving the concreting of the path surrounding the marble Sakyamuni Buddha image, and covering the centre's garden with mulch.

We warmly invite members and visitors to partake in the meritorious activities. For more information, please direct your queries to either Destin Nguyen or Simon Kearney.

Buddhist Discussion Centre Christmas Party

Stay tuned for information to come soon about the Buddhist Discussion Centre Christmas Party!

The John D. Hughes Collection Assistant Librarian Team

We are delighted to announce that Kym Merriman, Lin Chan and Claire Ransome have come together to form the John D. Hughes Collection Assistant Librarian Team. The team will be caring for the collection through preservation, adding new books to the catalogue and more.

The John D. Hughes Collection is a multilingual reference library which provides a comprehensive resource for Buddhist study and research. The Collection holds rare and valuable texts including the Buddhist Canon; commentaries by renowned Teachers; Books of Guidance in English and Foreign languages; digital, audio and video recordings of teachings; as well as artefacts and ritual objects from all traditions.

You can find the search able online catalogue of over 4000 titles from the Collection at www.bdcu.org.au.

We welcome any Members and Friends of our Centre who would also like to assist with the library to please contact us by phone or email. We would be very glad to have your help.

Abhidhamma Book Return

Several copies of the The Essence of Buddha Abhidhamma by Dr Mehm Tin Mon are on loan to Members and Students of our Centre from the John D. Hughes Collection. If you have a copy which you are not currently using for your study, please return it to the library and sign the register.

If you have any questions about the Collection, please contact us by phoning (03) 9754 3334, or by emailing wbu@bdcu.org.au.

Kalyanamitta Social Event

Please join us for dinner at The Pancake Parlour at Westfield Knox Ozone on Friday 2nd October 2015 at 7pm.

The company of your family and friends is also warmly welcomed.

Please RSVP to Nicole on 0410 476 721.

UN Vesak Association

Frank Carter has not sought re-election for UN Vesak association President, but Anita has been re-elected as Secretary.

We will be continuing to help run the Victorian UN Day of Vesak event as the Logistics Team and by supporting Simon as Program Manager.

Shang Longrik Gyatso Rinpoche Visit to Melbourne in 2016

Shang Longrik Gyatso Rinpoche is likely to visit Melbourne once again in June 2016.



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Last year on Sunday the 16th of November 2014 the Buddhist Discussion Centre (Upwey) Ltd was honoured to host Vajrayana Master Shang Rinpoche and his students for his first visit to our centre.

The event was very successful. All members worked together in harmony to ensure we provided a suitable environment for the Master's visit.

Shang Rinpoche gave Dhamma Teachings, Padmasambhava Mantras and Prayer Transmissions to all who were present. All members had the opportunity to offer Rinpoche some flowers and were able to ask him questions.

During his visit Shang Rinpoche consecrated four altars in the John D Hughes Dhamma Cetiya Meditation Hall. Shang Rinpoche's visit was a great blessing to our Temple and all that were present.

We sincerely thank Shang Rinpoche for his Teachings and gift of books written by him, which are now a part of our Library.

We look forward to meeting with Shang Longrik Gyatso Rinpoche and his students once again and wish to offer our assistance for his 2016 visit.

Recipe: Tabouleh Salad

Recipe from Trish Allen

Ingredients:

- 3/4 cup cracked wheat also known as durghul, rinsed or soak for 1 hour.
- 3 cups fresh flat - leaf parsley leaves
- 3/4 cup fresh mint leaves
- 3-4 medium tomatoes finely chopped
- 2 small onions or spring onions finely chopped
- 2 tablespoons olive oil
- 1/3 cup lemon juice
- Variation; add feta cheese cut in cubes or another cheese is according to your taste.

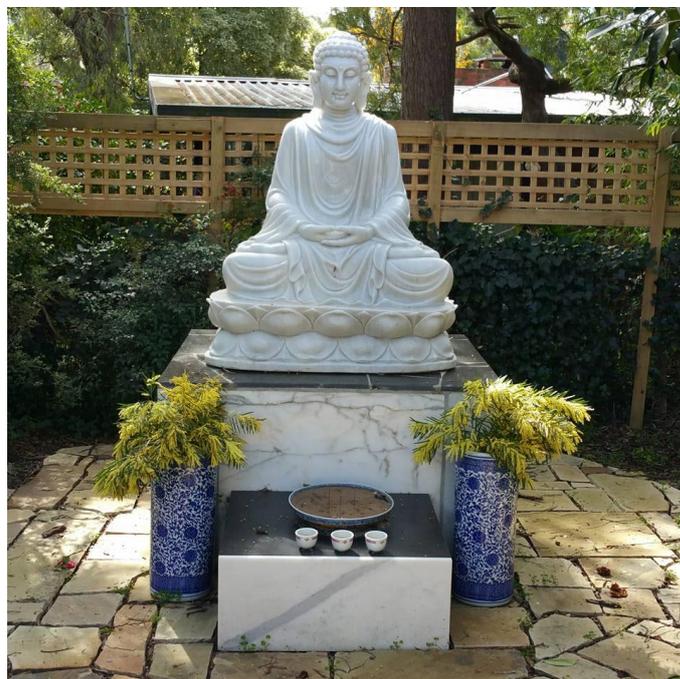
Mix together. Change quantities in line with your taste buds.

Tips:

- It can be prepared a couple of hours before eating. Add oil just before serving.
 - Add salt pepper other herbs
 - If desired add a bunch of parsley in your hand before cutting or add lettuce.
- Serves approx 8.

Spring at our Centre

The Australian Spring has arrived at our Centre and our beloved Abbot and Teacher, Anita, took some beautiful photos in our Heavenly Dhamma Garden:



Namo Tassa Bhagavato Arahato Samma Sambuddhassa

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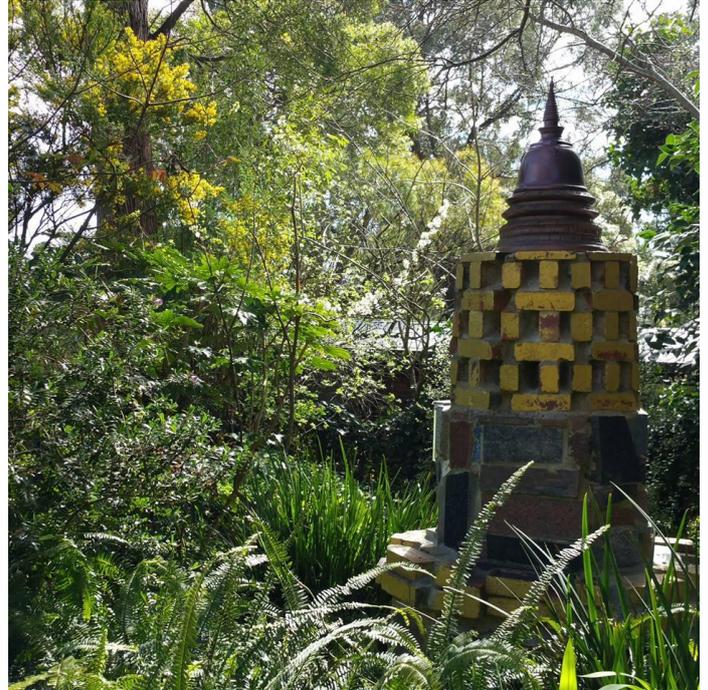
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Buddham Saranam Gacchami



Sangham Saranam Gacchami



Dhammam Saranam Gacchami



Namo Quan Shi Yin Pu Sa

May All Be Free from Grief and Suffering